

The health and wellbeing benefits of: Going to a café with friends



Did you know? Social isolation and loneliness are as bad for your health as physical inactivity, obesity and smoking.

Regular outings with friends can improve your quality of life AND life span!

Physical benefits

Community mobility

Walking to the café (from home or the carpark). Walking through the café, moving safely between tables, chairs and people.

Strength and balance

Using your muscles to get in and out of the car and stand up/sit down from different chairs.

Fine motor skills and coordination

Using cutlery, buttering bread, handling money, movements required for driving (such as putting keys in the ignition)

Cognitive (thinking) benefits

Decision making

Deciding who to invite, where to go, what to wear and what to order.

Planning and organising

Organising the time and place to meet and planning your day so you arrive on time.

Communication skills

Using phone, text, email, etc. to confirm arrangements. Engaging in conversation with friends and interacting with café staff.

Concentration

Paying attention to what your friends say and being able to ignore distractions.

Memory

Remembering what is said and who said it. Recalling information about companions to support conversation (e.g. remembering where they went on holiday)

Social and emotional benefits

Choice and control

Indulging yourself with something you want from the menu.

Maintaining important relationships

Connecting with friends and family, preventing loneliness.

Confidence

Maintaining the ability to participate in activities outside of the house. Identifying and managing potential risks to stay safe.

Connecting with community

Being immersed in vibrant and stimulating social situations, feeling part of things outside of home, supporting local businesses, talking to new people.

Improved mood

All the benefits identified will help lift mood and reduce the risk for depression.